

Ingredients

Vegetable cooking spray
1 pound ground round
1 cup chopped onion
4 garlic cloves, minced
1 (15-ounce) can no-salt-added kidney beans, undrained
1 (14.5-ounce) can no-salt-added stewed tomatoes
2 (8-ounce) cans no-salt-added tomato sauce
1 tablespoon dried oregano
1 1/2 teaspoons chili powder
1 1/2 teaspoons ground cumin
1/2 teaspoon salt
1/4 to 1/2 teaspoon ground cinnamon
1/2 teaspoon pepper
7 tablespoons nonfat sour cream
Sliced green onions (optional)

Preparation

Coat a large saucepan with cooking spray; place over medium-high heat until hot. Add meat, onion, and garlic, and cook until the meat is browned, stirring to crumble. Drain well, and return mixture to pan. Add beans and the next 8 ingredients (beans through pepper); stir well. Cover, reduce heat, and simmer for 20 minutes. Serve with sour cream. Garnish with sliced green onions, if desired.

Yield

7 servings (serving size: 1 cup chili and 1 tablespoon sour cream)

Nutritional Information

CALORIES 233(27% from fat); FAT 7.1g (sat 2.4g,mono 2.6g,poly 0.5g); PROTEIN 23.4g; CHOLESTEROL 42mg; CALCIUM 69mg; SODIUM 462mg; FIBER 0.9g; IRON 3.9mg; CARBOHYDRATE 22.9g

Cooking Light, SEPTEMBER 1995

Top of Form

--

Bottom of Form